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 GREY'S ANATOMY ALUM SANDRA OH TURNS TO CROWDFUNDING FOR BETTER REPRESENTATION FOR ASIAN WOMEN **PAGE 12**


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DUCKS FLY PAST JETS

The Winnipeg Jets' Mark Scheifele hits the Anaheim Ducks' Cam Fowler into the boards during the second period at MTS Centre on Sunday. Despite their hard-hitting efforts, the Jets came up short in overtime. See story, page 17. TREVOR HAGAN/THE CANADIAN PRESS

Selinger to keep job during race

Closed-door meeting.

Embattled premier allowed to stay in his chair while running for leadership after acrimonious vote

Embattled Manitoba Premier Greg Selinger received the green light this weekend to continue to sit in the premier's chair while also running as an NDP leadership candidate to keep his job.

The vote by the NDP provincial council was marked by fears from some members that they felt intimidated by the presence of Selinger's staff. And according to Selinger's critics, the result gives Selinger an unfair advantage over potential rivals in the run-up to the leadership vote on March 8.

"It's been a tradition in Manitoba and also a tradition everywhere else in the country that cabinet ministers step down if they're running for leadership," former justice minister Andrew Swan, one of five ministers who resigned last month after suggesting Selinger resign, said after the vote.

"I think it's quite clear to most Manitobans that the right thing to do is to step down. I still expect that the premier and any cabinet minister should do that."

But a Selinger loyalist said the premier has never been under any obligation to resign

Quoted

"Having the leader have to step down every time somebody challenged him would just be so ineffective to running a province."

NDP backbencher Dave Gaudreau

during the leadership race, and doing so would make no sense.

"Having the leader have to step down every time somebody challenged him would just be so ineffective to running a province," NDP backbencher Dave Gaudreau said.

The closed-door meeting Saturday was at times acrimonious, according to two party sources who were in the room and who spoke on the condition of anonymity.

Some council members wanted to have all of Saturday's votes held by secret ballot instead of the traditional show of hands. The idea was defeated and those who voted against it included two of the premier's top advisers — principal secretary Heather Grant-Jury and chief of staff Ihor Michalchysyn, the sources said. That led to a complaint to anti-harassment officers which the NDP use to try to ensure meetings are conducted fairly.

"One or more council members went to the anti-harassment officers and said they felt intimidated that they couldn't vote the way they wanted to vote because they couldn't vote by secret ballot," one source said. That led to another vote for a secret ballot specifically

on the issue of whether Selinger should stay on as premier during the leadership race. That time, the room voted for a secret ballot. Council ended up voting to allow Selinger to stay on, but the party did not release the margin.

"It's not been clear how much support (the premier) has, and the vote didn't help clear anything up," said the second source.

Selinger left the meeting early and did not respond to media interview requests later in the day.

The council set some of the ground rules for the leadership race. Potential leadership candidates have until Jan. 6 to enter the race. That day will also be the deadline to sign up party members who will choose delegates for the leadership vote.

THE CANADIAN PRESS

Challengers

No one has declared a leadership bid to take on Selinger as of yet. But Theresa Oswald, the former minister of jobs and the economy, has said she is considering entering the race.

Reigning champs Japan coming to Winnipeg for Women's World Cup

'So lucky.' Quality of nations will give boost to local soccer community: MSA prez



BERNICE PONTANILLA
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The reigning FIFA Women's World Cup champions Japan will be playing in Winnipeg next June, as well as high-calibre teams such as the United States, Germany and China.

Saturday morning's official draw party at The Forks drew a couple hundred fans, players and local FIFA officials.

The quality of teams coming to the 'Peg will undoubtedly give a boost to the local soccer community, said Peter Muir, president of the Manitoba Soccer Association.

"If we do it right and we get the legacy that we need, it'll explode the game, especially the women's side," said Muir, referring to soccer facilities currently being built for the Women's World Cup.

At a glance

Get ready for an influx of our U.S. cousins, Winnipeg. Our friends to the south are among the most passionate followers of the beautiful game, often outnumbering the total number of ticket sales from other more traditional soccer-loving nations. For example, at this year's men's tourney in Brazil, the U.S. was second only to the host nation in buying tickets, a staggering 196,838 seats.

SOURCE: FORBES MAGAZINE

"I think it's really going to help.... It's unbelievable, actually, that we could be so lucky (in the teams coming to the 'Peg)."

In addition to Japan, the U.S., Germany and China, Winnipeg will also be hosting New Zealand, Ecuador, Thailand, Australia, Sweden and Nigeria.

Robert Gale, a Winnipegger who now has the helm of Team Canada's under-20 men's team, said Group D



Monet Paletta, 9, places the Sweden marker on the FIFA Women's World Cup 2015 official draw board at The Forks on Saturday. BERNICE PONTANILLA/METRO

— the main one playing in Winnipeg and made up of the U.S., Australia, Sweden and Nigeria — is a contender for the Group of Death.

This moniker is used in World Cup circles for a group in which there may be only one clear favorite.

"Everybody's talking about Group D and it's here in Winnipeg, because on the world rankings and on history, that is the toughest group — it couldn't have gone a lot better for us here," he said.

"(Ticket sales) are going to

go through the roof; you've got probably the three top teams in the world in Germany, Japan and the U.S.A. all coming to Winnipeg, so if you're a soccer fan, you want to come see the Winnipeg group, there's no question about it."

Logo for 2015 Grey Cup Festival unveiled



The logo for the 2015 Grey Cup.
ADRIANA MINGO/FOR METRO

It may still be a year away, but host city Winnipeg has already kicked-off preparations for the 103rd Grey Cup Festival.

Premier Greg Selinger, Mayor Brian Bowman, Winnipeg Blue Bomber CEO Wade Miller, along with festival president Jason Smith unveiled the festival's branding on Friday.

The logo features the familiar blue and gold colours and

the slogan is "You Belong Here."

"We wanted the slogan to be something that was inclusive," said Smith.

"We really feel like Manitoba has a history — you know 'Friendly Manitoba' and the old days. We wanted a slogan that made people feel included. So we thought 'You Belong Here' had a double meaning, in that you belong in Winnipeg at this

game, and you also belong as part of our Grey Cup Festival family."

Along with the Grey Cup game, the festival will feature a variety of events, including musical performances, a gala dinner, a street festival and many family-friendly activities.

Smith said they're expecting 10,000 people to travel from outside Manitoba to the event,

with about 40,000 people attending the game.

The unveiling took place in Winnipeg Square at the official Grey Cup Festival headquarters and store, which is now open to the public.

Festival activities begin Nov. 25, 2015. The 103rd Grey Cup game takes place on Nov. 29, 2015, at Investors Group Field.

ADRIANA MINGO/FOR METRO



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Agreement. Province, liquor store union work out tentative contract deal

A tentative contract deal has been reached between the Manitoba government and the province's liquor store workers.

The Manitoba Government and General Employees' Union says the two sides came to an agreement Thursday night.

President Michelle Gawronsky says pressure was on the bargaining committee with the threat of a strike over the holidays.

Workers at Manitoba Liquor Marts had given the union a 97 per cent strike mandate.

No details of the proposed deal are being released until the union can talk to its 868 members.

The union is recommending workers accept the deal. Ratification meetings are being set up.

"When the employer tabled a final offer so close to the holiday season, which is the corporation's busiest time and a time when Manitobans gather to celebrate with family and friends, we knew the pressure would be on our bargaining committee," Gawronsky said in a release Friday.

"This was not an easy process for anyone, and it's important to remember that these workers have families of their own who were facing the uncertainty of a possible strike over the holiday season."

The main sticking points in negotiations were wages and benefits. **THE CANADIAN PRESS**



Police board member Leslie Spillet talks to reporters about murdered and missing indigenous women on Dec. 5.

COLIN FAST/FOR METRO

Police board makes MMIW a priority

'Difficult conversations'
Police chief says the
entire community has
a role to play

COLIN
FAST
winnipeg@metronews.ca

The Winnipeg Police Board has ordered the Winnipeg Police Service to make the protection of indigenous women and girls a strategic priority.

And Chief Devon Clunis said he's deputizing the entire community to accomplish that goal.

On Friday, the board unanimously supported a motion that calls for the police service

to make a series of changes to the way it handles cases involving murdered and missing indigenous women, and to establish an advisory council on the issue.

While Clunis said he doesn't think the motion will change the way his officers investigate cases, it will impact the way the force deals with the community.

"I think we do a very good job in terms of investigations," he said. "The real cure to what we're dealing with here is on the other side, the deep social issues that truly need to be challenged."

Part of that approach will include "difficult conversations" with the community about the historical treatment of aborig-

inal people in Canada, and how that has influenced current social problems, Clunis said.

"It's about building greater understanding into every single citizen and saying here are the conditions in our city, so let's not just drive by Main Street and not pay a second thought to it," said Clunis, who promised to move quickly to develop an action plan.

Board member Leslie Spillet, executive director of the aboriginal support group Ka Ni Kanichihk, agreed with Clunis about the need for a community-wide approach.

"We need to have this conversation, it's important for all Canadians and I think we're here.... I'm very hopeful," she said.

Costlier to drive

Car insurance increase approved

Drivers in Manitoba are going to be paying more to insure their vehicles.

The Public Utilities Board has approved a 3.4 per cent increase in compulsory premiums effective March 1.

The board says basic insurance has seen combined losses over the past two fiscal years of more than \$132 million.

Manitoba Public Insurance is projecting a loss of more than \$82 million for the current financial year.

The increase is the third in 15 years. **THE CANADIAN PRESS**

Altona

Cop charged with making child porn

A police officer with the Altona Police Service has been arrested for allegedly making child pornography.

RCMP said its major crimes unit in Winnipeg informed the Altona Police Service of the allegations, which include voyeurism and making and possessing child pornography, against one of their members.

The officer, 33, has been suspended with pay and will appear in Altona provincial court on Jan. 26. The officer's name will not be released to protect the identity of the victims. **METRO**

Study. Veterans who have service dogs best off here

A new study has found Calgary is the worst city in Canada and Winnipeg is the best when it comes to accommodating veterans with service dogs.

The study by Courageous Companions, which was released on Wednesday, documented the obstacles veterans face incorporating service dogs into their daily lives.

It was conducted over 18 months and includes data collected from more than 300 service dog owners across Canada.

Courageous Companions says the study found issues from retailers and merchants that ranged from a lack of ac-

cessibility to refusal of service.

In addition, veterans accompanied by service dogs often face significant difficulties when dealing with airlines, taxi companies, restaurants and hotels.

According to the study, Calgary had a 90 per cent rate of issues arising while Winnipeg had only a five per cent rate.

Ottawa was second-worst with 80 per cent and Saskatoon was third with 60 per cent.

Next to Winnipeg, the cities with the best rates were Toronto (30 per cent), Vancouver (32 per cent) and Montreal (33 per cent). **THE CANADIAN PRESS**



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News worth sharing.

Dauphin cadet squadron donates to Siloam Mission

Charity. Two years' worth of goods destined for those in need

ADRIANA MINGO
winipeg@metronews.ca

Air cadets from the No. 50 Lt.-Col. Barker VC Royal Canadian Air Cadet Squadron travelled four hours from Dauphin to Winnipeg to unload a bus filled with donations for Siloam Mission.

The squadron, led by training officer Second Lt. Wayne Williamson, is made up of 19 children aged 12 to 18 who live in Dauphin and the surrounding area.

The donation included more than 300 sleeping bags, outerwear in various sizes and bags of bath towels — all of which were collected

from left-behind items at Dauphin's Countryfest Music Festival.

Each item has been cleaned and stored for this occasion. Since the squadron wasn't able to visit last year due to scheduling conflicts, they had two years' worth of donations.

This year's visit was delayed due to stand-down orders over national security concerns in late October.

Williamson said they were originally scheduled to visit two days after the events on Parliament Hill during which Cpl. Nathan Cirillo was killed, but they were ordered to stand down because they didn't know if there were any more targets.

This is the fifth time the squadron has donated items left over from Dauphin's Countryfest to Siloam Mission.



Judy Richichi, Siloam Mission's director of major gifts and corporate relations, joins 19 air cadets as they unload a large donation of items left behind from Dauphin's Countryfest. ADRIANA MINGO/FOR METRO

Woman awarded \$36K over workplace sexual harassment

A Manitoba human rights adjudicator has found a woman was sexually harassed by the owner and operator of a UPS franchise where she worked.

Traci Emslie of Winkler has been awarded a total of \$36,000 in compensation and lost wages.

Adjudicator Peter Sim

says Emslie suffered more than just injured feelings.

He says Douglas Homick abused his position of power to "degrade and humiliate the complainant."

Sim says the harassment led Emslie to experience anxiety, depression, flashbacks and panic attacks that continued for years.

Homick did not attend the hearing and chose not to participate in the adjudication process.

Emslie feared for her job and livelihood and was subjected to a constant stream of sexual innuendo as well as physical contact, Sim wrote in his decision released Friday.

She was granted \$15,000 for injury to her dignity and self-respect and a further \$5,000 because there was "ample evidence of malice and recklessness." She was also awarded \$16,000 in lost wages because she was forced to leave the workplace due to the harassment. **THE CANADIAN PRESS**

Ho ho ho. Santa completes annual NORAD briefing

For almost 60 years now, Santa Claus has been coming to the Canadian North American Aerospace Defence Command region headquarters in Winnipeg for his annual pre-flight briefing.

Each year, the responsibility of watching over Old Saint Nick falls to NORAD, the joint Canada-U.S. military organization that keeps an eye on North American skies.

Santa met with military officials on Thursday to prepare for his annual trip around the globe in just

Quoted

"I love the anticipation of what the children will feel in the morning when they wake up and look under the tree."

Santa Claus

three weeks' time.

Lt.-Col. Darrell Marleau says keeping Santa "safe and on his route and getting all the toys and gifts to the kids" is the most important thing they do.

Once airborne on Christmas Eve, Santa will travel from east to west as he makes his way across Canada, escorted by Canadian fighter jets.

Once he completes his mission here, they will hand him over to American fighters as he enters the U.S.

And, of course he has help along the way.

"As soon as Santa calls me, my toes just go, and I'm ready to go," said Santa's elf Eugene.

Marleau had an extra request of Santa Claus this

year.

"We've got a lot of men and women throughout the world right now who are defending all of our principles and ideals ... so we have asked Santa to remember them especially," he said.

And with safety check complete, the countdown to Christmas is on.

"I love the anticipation of what the children will feel in the morning when they wake up and look under the tree and see what we've brought them," said Santa.

GLOBAL WINNIPEG/THE CANADIAN PRESS

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Paying tribute to a legend

Mourners file past the casket to pay their respect during the public viewing for the Montreal Canadiens legend Jean Beliveau Sunday in Montreal. Beliveau died at the age of 83.

PAUL CHIASSON/THE CANADIAN PRESS

Prostitution laws. Wynne expresses concern about safety of sex workers

Ontario Premier Kathleen Wynne says she is concerned the country's new prostitution law fails to make sex workers safer, and is seeking advice on whether it is in line with the Charter of Rights and Freedoms.

Wynne says she has asked the province's attorney general to advise her on the legislation's "constitutional validity" in light of the Supreme Court of Canada ruling quashing the old law.

In her statement Sunday Wynne says she has also asked to be given "options" in case the law's charter compatibility is questioned, but adds the province will still enforce it.

The new law took effect Saturday and more than 60 organizations and agencies from across the country are calling for its non-enforcement and repeal. Those groups voiced concern the new law will continue to leave sex workers at risk as under the old system — a sentiment Wynne also expressed.

It's the latest flare-up between Wynne and Prime Minister Stephen Harper, who Wynne has said is refusing to meet to discuss issues of im-



Ontario Premier Kathleen Wynne
DARREN CALABRESE/THE CANADIAN PRESS

portance to the province.

The sweeping new changes to the way prostitution is regulated in Canada follow the Supreme Court decision last year that found the old laws violated the rights of prostitutes.

The new rules criminalize the purchase of sex as well as things like advertising or other forms of communication related to its sale, while providing some legal immunity for sex workers themselves.

THE CANADIAN PRESS

Threats issued

ISIL video calls for attacks on Canada

A U.S.-based company that monitors trends within the global jihadist movement says the Islamic State of Iraq and the Levant (ISIL) has released a video calling for lone-wolf attacks on Canadian targets.

SITE Intelligence Group posted the six-minute, 13-second video on its website Sunday and it's been distributed on Twitter and jihadi forums.

On the video, a man, who says he is Canadian and identifies himself as Abu Anwar al-Canadi, urges his Muslim countrymen to follow the example of Martin Couture-Rouleau.

Couture-Rouleau killed one soldier — warrant officer Patrice Vincent — and injured another when he ran them down with a car in October.

Standing in the ruins of an unidentified area, Abu Anwar warns Canadians that their country being part of the U.S.-led coalition fighting ISIL will bring revenge attacks upon them.

THE CANADIAN PRESS

Help for missing women's families

Christmas dinner and gifts. Manitobans trying to fill void for loved ones of murdered or missing people

For Bernadette Smith, Christmas used to be a time for large family gatherings, lots of food and the exchange of gifts. But since her sister Claudette Osborne disappeared in 2008, Smith finds it hard to focus on anything other than her sibling's empty chair.

"It's hard to see other families gathering together and sharing those special times you can't share with your loved one," Smith says.

"It should be an uplifting time of year, but there is no celebration when you don't have your loved one home — when they've been murdered, you don't have answers or they're still out there missing."



Bernadette Smith, sister of Claudette
JOHN WOODS/THE CANADIAN PRESS

There are hundreds who share Smith's pain this time of year. With about 1,200 missing or murdered aboriginal women across Canada, families are left mourning in a void, while often struggling to find money for food and gifts for children left behind.

Manitoba is one of the provinces with the highest number of missing and murdered aboriginal women in Canada.

Every year, more are added to the list and every year Nahnani Fontaine reaches out to a few more bereaved families.

Fontaine, a special adviser on aboriginal women's issues for the Manitoba government, has organized a Christmas party for the last few years to make the season a little easier for families.

There is a turkey buffet, a Christmas tree, volunteers dress up as elves and a special appearance from Santa Claus. On a table by the tree is a reminder of those who continue to be mourned — framed pictures of every missing and murdered woman.

The event began a few years ago when Fontaine received three calls in the span of a week from three different families asking for help.

THE CANADIAN PRESS

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Eric Garner. California protests turn violent

Mostly peaceful protests of a grand jury's decision not to indict a white police officer in the chokehold death of an unarmed black man have continued, but authorities said a march in California turned violent when a splinter group smashed windows and threw objects at police.

A Berkeley police officer received hospital treatment for a dislocated shoulder after being hit with a sandbag, while another sustained minor injuries, police spokeswoman Jenn Coats said.

She said several businesses were looted and damaged when a splinter group broke from the peaceful demonstration Saturday night, and officers attempting to get the crowd to disperse used smoke and tear gas. Protesters threw rocks, bricks, bottles, pipes at officers, and some squad cars were damaged. At least six people had been arrested by the time the unrest ended early Sunday morning, Coats said.

Thousands have protested peacefully in New York, Philadelphia, Chicago, Seattle,

Miami and Las Vegas since the announcement on Wednesday that a grand jury declined to indict a white officer in the death of Eric Garner, a black man who gasped, "I can't breathe," while being placed in a chokehold as he was being arrested for selling loose, untaxed cigarettes.

The decision followed a Ferguson, Mo., grand jury's choice not to indict a white officer in the fatal shooting of 18-year-old Michael Brown.

The scope of the demonstrations and the lack of violence were moving to Garner's mother, she said Saturday.

"It is just so awesome to see how the crowds are out there," said Eric Garner's mother, Gwen Carr.

"I was just so proud of that crowd. It just warmed my heart."

Officers have said the outcry over the grand jury decision has left them feeling betrayed and demonized by everyone from the president and the mayor to throngs of protesters who scream at them on the street. **THE ASSOCIATED PRESS**



Typhoon Hagupit sends 900,000 to shelters

Strong waves crash into coastal houses as Typhoon Hagupit pounds the Philippines' Legazpi, Albay province on Sunday. Typhoon Hagupit knocked out power in entire coastal provinces, mowed down trees and sent more than 900,000 people into shelters before it weakened Sunday.

AARON FAVILA/THE ASSOCIATED PRESS

Israel

Military to look into airstrike deaths

The Israeli military says it opened a criminal investigation into a deadly airstrike from the last Gaza war. At least 24 members of the Abu Jamea family were killed in the July 20 strike on their home. They included 18 children between the ages of six months and nine years, according to death certificates obtained by The Associated Press.

THE ASSOCIATED PRESS

New Delhi, India

Uber driver arrested over rape allegations

Indian police arrested a driver from the international taxi-booking service Uber Sunday for allegedly raping a young woman in the capital. Shiv Kumar Yadav, 32, was arrested Friday, police officer Jag Niwas said.

THE ASSOCIATED PRESS

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Chlorine forces evacuation of hotel hosting a 'FurFest'

Suburban Chicago.

Chlorine gas sends 19 to hospital; police say they believe it was released intentionally

Chlorine gas sickened several people and forced the evacuation of thousands of guests from a suburban Chicago hotel early Sunday, including many dressed in cartoonish animal costumes for an annual furries convention who were ushered across the street to a convention centre that was hosting a dog show.

Nineteen people who became nauseous or dizzy were treated at local hospitals, and at least 18 were released shortly thereafter.

The source of the gas was apparently chlorine powder left in a ninth-floor stairwell at the Hyatt Regency O'Hare,



Furries at a Chicago hotel Sunday where police believe chlorine gas was deliberately released. NAM Y. HUIH/THE ASSOCIATED PRESS

according to the Rosemont Public Safety Department. Investigators say they believe the gas was created inten-

tionally and are treating it as a criminal matter.

The hotel is hosting the 2014 Midwest FurFest conven-

tion, also called Anthrocon, where attendees celebrate animals that are anthropomorphic — meaning they've

been given human characteristics — through art, literature and performance.

Many of the attendees, who refer to themselves as "furries," wore cartoonish animal outfits.

They said they had come for fun, but also for the spiritual and artistic aspects of the convention, during which they celebrate animal characters from movies, TV shows, comic books, video games and characters they create themselves.

Anthrocon conventions typically draw thousands of participants from around the world, many dressed in costumes that they say can cost as much as \$3,000.

Guests were allowed to return a few hours later after the hotel had been decontaminated, and by mid-morning the furries were pouring back in.

THE ASSOCIATED PRESS

DiMaggio and Miller

Marilyn Monroe love letters fetch big bucks

Joe DiMaggio's love letter to Marilyn Monroe has sold for \$78,125 at a Beverly Hills auction.

Julien's Auctions says the letter was written by the New York Yankees star after Monroe announced she was divorcing him.

Written in 1954, it was among 300 items that sold. A letter from Monroe to her third and final husband, playwright Arthur Miller, sold for \$43,750.

THE ASSOCIATED PRESS

Barcelona Zoo

Man rescued from lions' den

Officials in Spain say a man has been rescued from the lions' enclosure at Barcelona Zoo after being seriously mauled by three lions. Witnesses say a man wearing a military-style uniform jumped into the den. THE ASSOCIATED PRESS

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Low oil prices may hit banks' bottom line

Worry. TD Bank has been impacted by the price of petroleum and there is concern other lenders are at risk, too

Oil prices that reached a five-year low on Friday are starting to take a bite out of profits at TD Bank and raising concerns for the rest of the country's top lenders.

Canada's biggest banks earn up to 20 per cent of their revenues through providing investment and corporate banking services, with oil and gas companies an important part of that client base.

But with oil prices slipping — they have tumbled roughly 35 per cent to under \$70 a barrel from their mid-summer highs due to a strong U.S. dollar, low demand and a glut of global supply — TD Bank says it

Oilpatch companies

The plummeting oil prices have also caused some concerns about whether oilpatch companies will default on their loans and create financial burdens for the banks.

- The big banks say they are regularly performing stress tests on their loan portfolios to see how they will fare in a continued low oil price environment.

will have to look beyond the oilpatch to make up its investment banking revenue.

"With the current activity going on in oil pricing, it certainly is impacting activity levels in the business," Bob Dorrance, the head of TD's wholesale banking division, told investors. He made his comments during a conference call earlier this week after the bank reported its

fourth quarter results.

"Things have slowed down."

The energy sector, a major weight on the Toronto Stock Exchange, has taken a beating on the markets and taken other stocks, including those with indirect exposure to companies that produce crude, down with it.

While all of the country's top lenders reported substantial profits during the quarter, Canaccord Genuity analyst Gabriel Deschaine noted that lacklustre performance on the stock markets caused many of the banks to report weaker than expected revenues from their brokerage businesses.

Scotia Capital analyst Sumit Malhotra says roughly 30 per cent of the underwriting fees — fees from administering new issues on the stock markets — earned by Canada's six top banks this year came from the energy sector.

THE CANADIAN PRESS



Malls warm up to 'shoppertainment'

The Urban Lodge at the Eaton Centre in Toronto offers customers seating, free Wi-Fi and complimentary charging stations for mobile devices. Experts say with the rise of online shopping, malls must provide people with "shoppertainment" to get them through the door over the Christmas holidays. TORSTAR NEWS SERVICE

Experts optimistic

Jobless rate up slightly to 6.6%

The overall drop in Canada's job market last month was so small it fell within the survey's rounding error, but experts remained optimistic

Friday about the country's labour prospects for the future.

Statistics Canada's latest batch of monthly data showed the economy shed 10,700 net jobs last month and nudged the unemployment rate up slightly to 6.6 per cent. THE CANADIAN PRESS

Dutch-based company

Mexx declares bankruptcy

Fashion retailer Mexx has declared bankruptcy, becoming the latest fashion retailer forced to liquidate its stock. THE CANADIAN PRESS

PRESENTS

A Winnipeg Holiday Tradition

48th Annual

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VOICES

SAY NO TO SEVERANCE

Councillors walk the walk on downsizing their pay cheques but fail to stand by Mayor Brian Bowman on getting rid of their generous severance packages



COLIN FAST
winnipeg@metronews.ca

An incredible thing happened at city hall last week: Some politicians actually voted to cut their own salaries.

One by one, members of the executive policy committee voiced their support for Mayor Brian Bowman's motion to downsize their own cheques by about \$12,000 each.

Coun. Marty Morantz said it was an "important symbol" heading into a tough budget year, while Coun. Jeff Browaty added it was proof that councillors are "walking the walk."

Unfortunately, the Executive Policy Committee seemed to lose its swagger when it came to eliminating the generous severance packages councillors receive when they're voted out of office or decide not to run again.

That motion, over the mayor's objection, was simply passed along to city council with-

out a recommendation, and it's expected Bowman will have a tough time getting a majority of councillors to agree to eliminate one of their biggest perks.

One of the key arguments in favour of the severance packages — which provide three weeks of pay for every year of service — is that councillors don't qualify for employment insurance. However, the maximum EI payout in Winnipeg is only about \$18,500.

Contrast that with former mayor Sam Katz, who walked away with \$86,000 in public money and returned to the exact same job he had before he became mayor: Running the Winnipeg Goldeyes. In fact, he never really left that job.

Former councillors Dan Vandal and Scott Fielding left with severance packages worth \$50,000 to \$60,000, and are now running for other levels of government. So citizens are essentially paying them to campaign full-time for the next year.

Of course that's not the only area where the EI comparison falls apart. You can't collect EI if you quit your job, can't collect if you're fired with cause, and it has become difficult to collect even if you weren't at fault for your dismissal.

According to Statistics Canada, only about 25 per cent of unemployed workers in Winnipeg are collecting employment insurance benefits. But 100 per cent of former council members took severance when they left council last month, costing the city about \$400,000 in the process.

Some also claim councillors need severance to help them "transition" to other opportunities, like they're high-ranking business executives. But this isn't private employment, it's public service. And it's not incumbent on the city to ensure councillors land a new gig that pays them as well as their elected one.

Councillors have demanding jobs, and they're compensated fairly for them. They're

also given the chance to gain experience in leadership, human resources management, budgeting, strategic planning and communications. They're able to enhance their public profiles, and have access to networking opportunities that aren't available to the average citizen.

If they haven't been able to figure out a way to turn that experience into a reasonable employment offer after several years, then that's the councillors' problem, not the city's.

Bowman is certainly walking the walk with his pitch to get rid of severance. As mayor, it would impact him more than anyone. He'd qualify for a package worth \$40,000 to \$90,000 depending on whether he serves for one or two terms. But no matter how the vote goes on Wednesday, he said he won't be taking severance when he leaves.

Let's hope more councillors stand with him and state clearly that while they have special jobs, they don't deserve special privileges.

Your Winnipeg



A beary good dip

Hudson and Storm take a dip in the Gateway to the Arctic pool, above the Journey to Churchill exhibit's viewing tunnels at the Assiniboine Park Zoo.

The bears, along with adults Kaska and Aurora, will now get ample rotated pool time.

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snaps of your city to
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Upcoming

Trailer Park Boys bring greasy tour to Winnipeg this week



Trailer Park Boys, from left, Julian (J.P. Tremblay), Bubbles (Mike Smith) and Ricky (Robb Wells).

TORSTAR NEWS SERVICE FILE

Better stock up on rum and smokes — the Trailer Park Boys are coming to Winnipeg.

Ricky, Julian and Bubbles have left Sunnyvale on a cross-country tour and will be at Club Regent Event Centre Wednesday night.

The idea for the tour came about when Bubbles decided he wanted to spread the true meaning of Christmas across Canada, and Julian saw an opportunity to make some quick cash (tickets for the evening start at \$40). Ricky decided to come along, too, but he's apparently just hoping to meet the "real" Santa during the trip.

Mr. Lahey and his no-shirt-wearing-cheese-burger-eating-samsquanch-looking sidekick, Randy will also be joining the boys for their Winnipeg engagement. The show starts at 8 p.m. and tickets are available at Ticketmaster.ca. **METRO**

Gossip

NED EHRBAR

METRO'S TAKE
ON THE WORLD
OF CELEBRITIES



Kirk Cameron GETTY IMAGES

There's no Saving Christmas for Kirk Cameron turkey

Former *Growing Pains* star and outspoken evangelical Christian Kirk Cameron learned the hard way that the Internet is basically like quicksand: The more you struggle, the worse it gets.

Last month, Cameron balked at the abysmal score for his new film, *Saving Christmas*, on review



aggregator Rotten Tomatoes, so he called his fans to action to improve the score by flooding the site with good reviews.

Of course, Rotten Tomatoes doesn't really work that way, but that's beside the point. What

happened instead? Well, Cameron just encouraged

online pranksters to go to town, pushing the film to the No. 1 stop on IMDb's 100 Worst Movies list, determined by user ratings on the film database.

And unless he can encourage his fans to start voting down *Birdemic: Shock and Terror* so its ranking dips below the 1.5 stars *Saving Christmas* currently has,

it's an honour he'll hold for a while.



Mark Wahlberg GETTY IMAGES

7th Heaven rerun revival plummets to Earth

Back in October, following revelations that 7th Heaven star Stephen Collins had allegedly confessed to molesting young girls, the wholesome family drama was understandably pulled from cable network UP TV's schedule. Well, last month they tried to quietly slip the series back onto the lineup, but fans understandably weren't having it.

"We brought the show back because many viewers expressed they could separate allegations against one actor from the fictional series itself;



Stephen Collins GETTY IMAGES

as it turns out they cannot," a statement from the network reads. "We will be taking the show back off the air."

iPod you not! Music lovers pay big notes for Classics

All that outrage over Apple sneakily discontinuing the popular iPod Classic in the wake of the iPhone 6 and Apple Watch announcements has given way to some impressive price-gouging, as fans are now apparently willing to shell out quite a bit for the dedicated music player. The 160-gigabyte capacity iPod Classics are now selling for as much as £670 (or about \$1,190) in the U.K., according to the Guardian, while in the U.S. they're topping out on Amazon at the seemingly much more reasonable \$490.

But that's still a lot more than the \$249 the Classic went

for before being killed off. Oh, and if you've got an old iPod Classic kicking around and want to cash in, even used ones are going for up to \$500 on eBay.

But if this is any indication, that price will only go up, so list carefully.

iPod Classic GETTY IMAGES



Jessica Simpson INSTAGRAM

Jessica will not sweep her love under the rug

Instagram is a great venue for making personal confessions or proclamations of love, or just releasing news.

And it looks like Jessica Simpson decided to do all

three in one very simple photo, stating quite bravely on the site, "I love carpet." No links, no hashtags, nothing to muddy the message.

So, there you have it.

2 SCENE

It takes a crowd to cross ethnic borders

Sandra Oh. Former Grey's Anatomy star seeks funding for new film project she hopes will better represent young Asian women



**NED
EHRBAR**
Metro in Hollywood

After 10 seasons on Grey's Anatomy, actress Sandra Oh is going in a very different direction for her next project. Oh is lending her voice and producing power to Window Horses, an animated film about a young Canadian poet of Chinese and Iranian descent. And she's also learning a lot about the world of crowdfunding, thanks to the film's extensive Indiegogo campaign.

You've been busy since leaving Grey's Anatomy.

I'm super-excited to be working on Window Horse and kind of producing for the first time, which for me is a whole new hat and a whole new learning curve, which is great. It's so exciting for me. After a decade of Grey's, the thing I fall in love with is an

animated film! So I thought I'd try to get that made.

What was it about this project that spoke to you?

For me, Window Horses is so pro-girl, it's pro-tolerance, it's pro-diversity and it's set in the world of poetry. These are all things I feel extremely invested in and extremely interested in sharing. I feel that race is deeply a part of everyday life, and to be a spokesperson or to put stories out there about people who don't get represented is something I'm really interested in and very invested in. I realized while watching things that are geared towards young people, young girls, I still do not see myself represented as an Asian person. Absolutely not, even with the headway that we have made.

How do we get to a place where projects that are pro-girl and pro-diversity don't just seem like no-brainers?

I honestly don't know. I'm fully aware that the Indiegogo campaign is an outsider's way of making work, and honestly that's why it appeals to me. Having been inside, in some ways, for the past decade on a very successful and very well-funded television show —

which was an amazing, amazing experience — I just want to take what I know from that and bring it to another audience, an audience that is not as well-represented, who actually wants to hear different stories, not mainstream stories. I'm honestly sick of seeing the same story over and over and over again. All you have to do is look at reality television. All those things are the same!

What has (Grey's creator) Shonda Rhimes done for representation on TV?

There's so much Grey's did for diversity on television, and the style of the show was that we never talked about race. The way that her track record can actually prove, in a physical, monetized way, that people will watch a TV show when there are black people on it, to be quite blunt — it's like, yes! And other stories, other faces that maybe we're not used to seeing as the primary storytellers. Who are we following? Who's story are we following?

The character in Window Horses is this mixed-race

young woman who is trying to discover herself and who has an artist's voice and goes and finds it in another country. I just know that there is an audience for that. I know there is a girl out there who is

going to see herself in this character, and I want her to see it.

How has it been so far interacting with that audience?

It's very new for us. I'm sure there are a lot of other people who are pros at it, and the way we're doing it is our own way. It's mysterious in its own way because you have no idea what will happen, and I just hope that people will see it and say, "I want to see a stick-figure character who has two little slits for eyes and is wearing a chador, I want to see her up there so I'm going to donate."

It's a platform to connect with people — to connect with like-minded people. Just the amount of people who have responded to it and want to tell their own stories, it's a like a floodgate. When people — or let's say larger organizations or paradigm structures — say that no one wants to hear these stories, I just don't believe it. I don't believe it at all.



Sandra Oh is crowdfunding for an animated film about a young Canadian poet. GETTY IMAGES

Streaming. Ritter lands role as Jessica Jones in Marvel series for Netflix

According to The Hollywood Reporter, Krysten Ritter has landed the role of Jessica Jones, the superheroine turned private eye whose series will air on Netflix.

The actress was chosen over four other candidates: Marin Ireland, Alexandra Daddario, Teresa Palmer and Jessica de Gouw. The news is not yet confirmed by Marvel or Netflix.

Ritter has an extensive TV resumé, including roles on Don't Trust the B— in Apartment 23, The Blacklist, Veronica Mars and Breaking Bad.



Krysten Ritter
AFP

Also a regular on the silver screen, she will soon appear in Tim Burton's Big Eyes and in the comedy Search Party. Jessica Jones will be the second of four series ordered by Netflix, each dedicated to a lesser-known superhero. A former classmate of Peter Parker (Spider-Man), Jessica Jones was once known as the superheroine Jewel. **AFP**

Download this! Metro gives you its weekly picks for the best in gaming, apps and ebooks

Ebooks

The Sailor's Dream

By. Jonas Tarestad and Jonathan Eng

iPad/iPhone

.....

Time passes in this novella when you're not reading it. Open it after an hour or a day and new pages appear. Hidden within interactive illustrations, story snippets float up like repressed memories. The narrative is hard to follow, but the experience is poetic.



App



TouchCast: Imagine

iPad
Free

Record yourself singing John Lennon's Imagine and you can join UNICEF and the United Nations for the world's largest sing-along music video, to be released this New Year's Eve.



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

Video game

Name. Pokémon Omega Ruby/Alpha Sapphire

For. Nintendo 3DS/2DS

Rated. Everyone

.....

The way this game sets you up to battle your father is the best approach yet to the theme of finding independence in childhood. That you can now decorate and share your own secret bases online or compete in a Contest Spectacular is all fun, but it's still the little story moments that offer real charm.



DVD reviews



Guardians of the Galaxy

Director. James Gunn

Stars. Chris Pratt, Zoe Saldana, Bradley Cooper

.....

What do you do when you have a bunch of raggedy characters and ideas and you want to make a movie out of them, perhaps even a franchise? If you're Marvel Comics, you make Guardians of the Galaxy, a summer hit that turned leftovers into one of the year's tastiest dishes.

These Guardians are a motley crew of celestial badasses: giant grunting tree Groot (Vin Diesel); sarcastic mutant varmint Rocket Raccoon (Bradley Cooper); pompous tattooed strongman Drax (Dave Bautista); and green-skinned ninja Gamora, played by Zoe Saldana. The fifth member is the only human one: Chris Pratt's treasure raider Peter Quill, who was abducted as a child and inducted by mercenary space scavengers into their business. They all have their own attitudes and agendas, but fate — in the form of an all-powerful orb that could destroy the universe — forces them to work together.

Frank

Director. Lenny Abrahamson

Star. Michael Fassbender

.....

Bat-dung crazy, in a good way, Lenny Abrahamson's Frank is the story of a pop star who really lets his art go to his head. A giant papier-mâché one, which Michael Fassbender wears throughout his title performance as a musician afflicted, or blessed, with the same kind of arty madness as the late Captain Beefheart and Pink Floyd's Syd Barrett. For most of the film, we're left wondering if Frank is pulling our leg or leading us toward something dark and sinister.

PETER HOWELL

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SO WHAT ARE YOU WAITING FOR? CALL TODAY! 522 Lilac Street

Wrap up the year with savings

Money makeover.

The tree isn't the only thing that needs trimming in December



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

When was the last time you actually read your bills? Most people just pay 'em without giving a second thought to whether they're getting their money's worth.

Since you work hard for your money, doesn't it make sense to see if it's going where it will do you the most good? As we round the corner into a new year, this is a good time to stop and take stock of how you've been spending your money.

People shell out thousands a year on home phone and cellphone bills. A little attention could net you a cheaper plan that gets you what you need and puts money into your savings account. Ditto your cable and gas bills, your credit card and bank statements.

Today, spend one hour going over all your bills so you're completely familiar with where your money is going.

Look for all the things you pay for, but seldom use, and as you chop, trim, slice and dice, make a list of the money you're saving.

With electricity costs going up, saving money is as simple as unplugging unused appliances. Even when your appliances aren't in use, if they're plugged in, they're using electricity. And some appliances are energy pigs. Did you know your DVR is



Take an hour today to go over all of your bills so you're familiar with where your money is going. ISTOCK

using more power than your fridge?

Do you know what you paid in service charges last month? No? Time to read your bill! I've looked through bank statements showing a \$20 withdrawal holding hands with a \$3 fee. That's a 15 per cent fee. If you're usin' an ATM like a wallet, what's wrong with you?

Then there are the dopes that think living in overdraft is a good idea. It's not just the monthly fee (if you even have a plan, 'cause I've seen some folks paying \$5 a day for every day they're in overdraft), there's the inter-

est charge too. No, that's not 1.75 per cent a year ... that's a month, which translates into 21 per cent a year. OD was never meant as a cash-flow supplement; it was always meant for emergencies. If you are always in overdraft, it's because you haven't cozied up to a budget. Do it.

Don't forget those bills that come less often, like your home and car insurance. My last home insurance bill went up by 16 per cent. You might be surprised at how easy it is to save some money just by shopping around online.

While you might have grown very comfortable with

the insurance company or broker with whom you've been dealing, if you can save a couple of hundred bucks a year by shopping around, that's nothing to sneeze at. Your premiums will also go down if you choose a higher deductible. The standard deductible is \$500. Since you're unlikely to make an insurance claim for such a piddly amount, raise the deductible on your policy and add a little extra to your emergency fund to cover the difference. And bundling home and vehicle insurance together could save you more than \$300. Hey, that's worth the call to

Cut the waste

If you find places where you're surprised at what you've been shelling out all this time, it may be time to re-evaluate what you're getting for what you're spending.

- Are you paying to have movies piped in, but never seem to watch? Axe it.
- Buying services at a premium? Move to a lower level of service and save the difference. That's more money for your savings.
- Paying for membership at a gym that you haven't visited in six months? Lose it.
- Paid even \$1 in banking machine fees? Do you really think your bank needs your money more than you do?

consolidate, isn't it?

Eliminate just \$50 worth of monthly spending, and you'll have \$600 to add to your savings this year. Take that \$600, invest it in an RRSP at an average return of 5 per cent, and reinvest your tax refund every year to make your RRSP contribution grow, and in:

20 years you'll have \$29,610
25 years you'll have \$37,485
30 years you'll have \$45,360
35 years you'll have \$53,235
40 years you'll have \$95,424

... all from a measly little \$50 a month. Can you imagine what you could do with \$100?

3 TIPS

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**PORTAGE
PLACE**

When the going gets ruff, call on the campus canine

Education. Post-secondary schools turn to therapy dogs to help high-strung students

MOLLY CONGDON
Metro in New York City

"Doggy!" This is the reaction most people have when a dog crosses their path. For years, studies have examined how dogs help people deal with difficult topics such as illnesses and grief.

Given this, it seems only natural that college campuses across the country would start to use therapy dogs to help relieve the significant stress among students that can build up as they juggle science labs, work-study jobs and writing 20 page papers.

Enter Jersey, an adopted Carolina blend who recently became Drexel University's first canine employee. (He even has his own official identification card).

With Jersey's hiring, Drexel became the first university in the country to have an on-site therapy dog throughout the academic year.



Kathryn Formica and Jersey hard at work in their shared office. CONTRIBUTED

Jersey can be found on the third floor of the recreation centre in the office of Kathryn Formica, his owner and the co-ordinator of student fitness and wellness in the Drexel Recreation Center. Formica explains that she sees an average of 10 to 25 student visitors per day, but around midterms

The dog that made my day

"He makes them feel safe and secure; he brings instant smiles and happiness."

Kathryn Formica, Coordinator of student fitness and wellness in the Drexel Recreation Center, on canine employee Jersey

it spiked to 30 students or more.

"I was excited that he's not in a library setting, because it gets students into our building to see the gym facilities," Formica says. "They can see other alternative ways to relieve stress."

Dogs just make people happy, Formica notes in observing Jersey's popularity.

"Jersey reminds them of home," Formica says.

"He makes them feel safe and secure; he brings instant smiles and happiness."

Other schools that have incorporated therapy dogs into campus life include Harvard, which has a Shih Tzu named Cooper in their Library of Medicine and New York University which has had therapy dogs visit their campus to interact with law students.

Keeping quiet after an incident

Career. New online poll finds that most people do not report sexual harassment at work

A new poll has found that four out of five respondents who say they were sexually harassed in the workplace did not report it to their employer.

The online poll of more than 1,500 people conducted by Angus Reid said those who reported harassment offered a number of reasons for not coming forward.

Most said they preferred to handle the problem on their own, while others cited fear that their career would suffer, embarrassment or they felt the incident was too minor in nature.

The poll found 28 per cent of the women and men who participated reported unwelcome sexual advances, requests for sexual favours or sexually charged talk in the past two years.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys can't be assigned a margin of error as they are not a random sample and therefore the surveys are not necessarily

representative of the whole population.

The issue of workplace harassment has gained prominence since the CBC fired radio host Jian Ghomeshi after a number of women accused him of physical and sexual harassment.

He has admitted to engaging in rough sex, but has said the encounters were consensual.

Toronto police recently laid criminal charges including four counts of sexual assault against Ghomeshi after three women came forward alleging physical and sexual harassment.

Ghomeshi's lawyer has said her client will plead not guilty to the charges.

The issue gained further prominence after two female New Democrat members of Parliament came forward and accused two Liberal MPs of misconduct and the Liberals were suspended from caucus.

Three quarters of those who took part in the online panel poll said sexual harassment in the workplace should receive far more attention than it does.

The survey defined sexual harassment as unwelcome sexual advances, requests for sexual favours, and other verbal — non-touching — conduct of a sexual nature.

THE CANADIAN PRESS

Don't have a pup? Seek out your own version

- **Go for a stroll.** Head to a local park near campus and park yourself on a bench, Trust us, you'll see lots of dogs walking with their humans.
- **Create your own private session.** Find a pet store and pick an adorable dog to look at. That will get you at least 10 minutes of puppy love.

Female focus

43 %

Results of an Angus Reid study indicated that women were four times as likely to be on the receiving end of sexual harassment than men; 43 per cent compared to 12 per cent.



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A holiday bash that all your work buds can enjoy

Career. Make sure to make merry this season in a non-exclusive way

LAUREN MARINIGH
TalentEgg.ca

For many people, the holidays are a time of happiness and celebration.

In the true spirit of the holidays, it's important to make sure that your workplace celebrations are inclusive and respectful of the traditions that different religious, ethnic and cultural groups adhere to this season. Following these three tips will help when you're making plans to celebrate the holidays at your workplace:

Don't assume

Avoid making assumptions about what other people are celebrating, how they're celebrating or why they're celebrating. Everyone has the right to decide on the best way to get into the holiday spirit without having to



Try not to be the team member who pushes a specific celebration on your colleagues. Invite everyone to revel in the simple fact that you've all made it through another year in one piece. ISTOCK

feel the need to defend or explain themselves.

Be flexible

If you do want to celebrate

in some way, be open to things that may be unfamiliar to you. Try asking your co-workers for suggestions or ideas for how they want

We're all in this together

Here are non-denominational ways to make your workplace celebration more inclusive:

- Few things bring people together better than food, and sharing a meal with the people you care about is one of the best ways to celebrate the season. Organize a potluck or arrange to have a variety of foods from different cultures available. It will give people a chance to try new things and encourage them learn about other traditions.
- When decorating your office, skip the commonplace Christmas tree and instead opt for a variety of decorations that celebrate aspects of the holidays common to as many religions as possible (go for themes like winter, peace and light). Limit religious symbols and get everyone to participate in making your workplace more festive.
- If you're going to be playing music at an event, try to intersperse well-known Christmas carols with festive tunes from other cultures. Or stick to upbeat instrumental music that's not associated with any holiday in particular.
- Offer your co-workers, partners, clients and customers non-denominational holiday wishes. In addition to the usual "Happy Holidays" and "Happy New Year," you could send your best wishes for all the joys the season has to offer, a holiday filled with laughter, love, and light or a cheerful and prosperous new year, for example.
- Give thoughtful gifts that aren't holiday-specific, unless you know for a fact that the recipient recognizes a holiday in particular. Choose bags or wrapping paper that doesn't focus on one culture over another.

to mark the holidays at work.

Your best bet is likely to focus on the season in general and to commemorate the start of a new year above all else.

If you want to do something traditional, like a gift exchange, arrange it so that

it's not tied to one holiday in particular.

Plan ahead

When organizing holiday-related events, meetings, outings or parties (especially those that fall outside of regular work hours), plan around all of the major holi-

days that fall in late November and throughout December. Make note of special observances in Christianity, Islam, Judaism, Buddhism and Hinduism, as well as any other religions your colleagues follow, so that you can pick a date that will work for everyone.

I'm scared to speak my mind



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
Everyone in my office has an aggressive personality — except me. I'm so shy that lately I'm finding it difficult to even speak in meetings. I want to share my ideas and opinions, but I'm nervous to get shot down by all the other, louder people. How can I get over my nerves?

— Mute Wuss

Dear MW,
So you're the anxious, silent type. You respond to your colleagues' squawks with no response at all. But here's a suggestion: You're not actually afraid of your co-workers. You're afraid of disappointing yourself. By taking the focus off others and onto yourself, you take back control. Don't ask, "How can I impress those loudmouths?" Instead ask, "How can I be happy with my own contributions, regardless of how the loudmouths react?"

If possible, prepare. Bring-

ing notes to your meeting, and even rehearsing beforehand, will help smooth over your stumbles. In the moment, trap the butterflies in your stomach with clichéd, but effective, calm-your-nerve techniques. Breathe deep, count to 10, and have water on hand to sip away any croaks in your throat.

And if these methods don't work, just open your mouth and see what happens.

Because what's worse — your co-workers disliking your ideas, or thinking you have no ideas at all?

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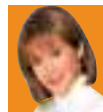
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Veg up gnocchi with kale and squash

Dinner. Typically served with a simple sauce, this potato pasta gets a healthy makeover



ROSE REISMAN
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FLASH FOOD



From your fridge
to your table in
30 minutes or less

Gnocchi is a version of pasta made from potato, egg and flour. It's a wonderful appetizer or main meal especially during the colder months, which means right now!

Gnocchi doesn't just have to be paired with a tomato sauce.

To make this a heartier dish, I've added cubes of butternut squash, which



**TOTAL
TIME
ABOUT 25
MINUTES**

This recipe serves six. ROSE REISMAN

are filled with vitamin A and C, potassium and fibre. Super green kale, meanwhile, is a cancer-fighting cruciferous vegetable that

contains daily amounts of vitamin K, C and A.

If you like a more flavourful cheese than Parmesan, try Romano or Pecorino.

Directions

1. Preheat broiler.

2. In large skillet, sauté onion in vegetable oil for 3

minutes on medium heat. Add garlic, salt and pepper, squash and red bell pepper, sauté for 5 minutes, stirring constantly.

Ingredients

- 1 cup diced onion
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- Salt and pepper
- 1 1/2 cup diced butternut squash
- 1 cup diced red bell pepper
- 1 lb gnocchi
- 8 cups chopped kale leaves
- 1/2 cup grated Parmesan cheese
- 1/3 cup grated mozzarella cheese

3. Meanwhile, bring a pot of water to a boil. Add gnocchi and bring back to a boil. Cook for 4 or 5 minutes, or just until the gnocchi rise to the top and are tender. Add kale during last two minutes of cooking. Drain well and add gnocchi and kale to squash mixture. Add Parmesan cheese.

4. Spray a 9x13 inch casserole dish with vegetable oil. Add gnocchi mixture and garnish with mozzarella cheese. Broil for two minutes or just until cheese has melted.

Side or main dish. Roasted Eggplant with Chickpeas and Feta and Mushrooms



This recipe serves four. ROSE REISMAN

1. Preheat oven to 450 F. Slice eggplant in half lengthwise. Spray baking sheet with vegetable oil, and roast eggplant 15 mins., then remove. Preheat oven to broil.

2. Meanwhile, in skillet, heat oil and sauté onions, mushrooms and garlic 5 minutes or until mushrooms dry.

3. Remove pulp from eggplant (set skin aside) and dice pulp. Add to onion mix and sauté 3 mins. Add olives, basil, tomatoes, chickpeas and tomato sauce and sauté for 2 mins., till tomatoes begin to soften.

5. Add parsley, bread crumbs, salt and pepper, chili flakes and 2 1/2 oz of the feta, leaving the remainder for the topping. Fill eggplant shells and garnish

with remaining feta.

6. Broil 2 minutes or just until lightly browned. Drizzle with yogurt. ROSE REISMAN

Ingredients

- 1 medium eggplant
- 2 tsp vegetable oil
- 1 cup diced onions
- 4 oz chopped button mushrooms
- 1 tsp chopped garlic
- 1/4 cup diced black olives
- 1/2 tsp dried basil
- 2 cups diced plum tomatoes
- 1 cup chickpeas
- 1/2 cup tomato pasta sauce
- 1/4 cup chopped parsley
- 3 tbsp seasoned bread crumbs
- Salt and pepper
- Chili flakes to taste
- 3 oz crumbled feta cheese

Garnish

- 2 tbsp low-fat plain yogurt

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Speedskating

Blondin finds silver lining in Berlin

Canada's Ivanie Blondin won the silver medal in the women's mass start event at a speedskating World Cup meet on Sunday.

The Ottawa skater has won a medal in the event at all three World Cup stops this season, winning gold in Japan and bronze in South Korea before Sunday's silver-medal performance.

Blondin currently sits fifth in the overall women's standings. **THE CANADIAN PRESS**

Alpine skiing

Vonn fast out of comeback gate

Lara Gut of Switzerland won the women's World Cup super-G Sunday, with Lindsey Vonn finishing second.

Vonn was coming off a victory in Saturday's downhill. The four-time overall World Cup champion is returning to the circuit after missing the Sochi Olympics and undergoing a second knee operation.

THE ASSOCIATED PRESS

PGA

Healthy Woods struggles in return

Tiger Woods tied for last place in his return to golf after four months and found at least one reason for optimism.

At least he has his health.

Except for flu-like symptoms on Saturday, Woods made it through 72 holes of the Hero World Challenge in Windermere, Fla., without feeling any pain.

THE ASSOCIATED PRESS

Ducks dodge Jets' best

NHL. Palmieri, Getzlaf push Anaheim to next level at MTS Centre

All Kyle Palmieri needed was a glance at the net.

Palmieri scored past Ondrej Pavelec 53 seconds into overtime to lift the Anaheim Ducks over the Winnipeg Jets 4-3 on Sunday afternoon.

"I took a quick look at the net and saw him down on his post so I just tried to get it up and I was lucky enough to put it up inside the bar," Palmieri said. "I knew I could try and at least have him make a save. It was me just putting it on net."

Ryan Getzlaf added three helpers for Anaheim (18-6-5), including the assist on Palmieri's winner, to extend his point streak to five games. Getzlaf has two goals and eight assists during his current streak.

Getzlaf said that Anaheim's resiliency all year has been a key to their success.

"Our group has showed that all year, that we've been able to play through things and keep on playing," Getzlaf said. "Good or bad, one thing we've done is play a lot of overtime games this year, so we know the situation we are in."

"We never want to let a team back in it like that, we've got to learn to close those out a little better. But just showing that resilience and getting the two points is big."

Rene Bourque scored his first of the year for the Ducks, and Jakob Silfverberg and Ryan Kesler had goals as well.

Jacob Trouba, Dustin Byfuglien and Andrew Ladd replied for Winnipeg (14-9-5). Two of the Jets' three goals came on the power play. Pavelec made 21 saves.



The Ducks' Clayton Stoner and Sami Vatanen fight with Jets forward Evander Kane after Kane hit Stoner into the boards from behind on Sunday afternoon at MTS Centre. Kane was given a game misconduct for the hit. **TREVOR HAGAN/THE CANADIAN PRESS**

On Sunday

4

Ducks

3

Jets

"It was a hard-fought game, both goalies played well and you have to take the positives out of it," Trouba said.

"It's getting better," Mathieu Perreault said of Winnipeg's power play. "We've been talking about it so much and been working on it a lot and it's finally starting to go in for us. We have seen some good

things and we want to keep working on it."

Anaheim has won four straight. The loss snaps the Jets' two-game win streak. Winnipeg earned points in its last six games, going 4-0-2 dating back to Oct. 26.

Goalie Frederik Andersen made 27 saves in his 15th consecutive start for the Ducks. Andersen said he is happy with the two points and isn't worried about the workload.

"We have two days off between the next two games, so maybe tomorrow I'll do a little rehab," he said. "It's fun. It's something you learn from a lot. You always learn from playing, you don't learn from sitting on the bench."

Ducks avoid nightmare



"I find we get more awake when the other team

gets the lead. We were sleepwalking a little bit, and then they made it 2-1 in the second."

Ducks coach Bruce Boudreau

Up next, the Jets head on the road for two divisional games starting with the Dallas Stars on Tuesday night.

THE CANADIAN PRESS

Canada shifts focus to World Cup prep

The Canadian women's soccer team could be headed to China early next year, making the Four Nations Tournament the next stop on its pre-World Cup trail.

That means an early date with the Chinese, whom they will meet on the opening day of the Women's World Cup next June in Edmonton.

"I'm not sure whether I'm going to be able to put my team out and use the tactics I would (normally) use, but who knows," Canadian coach John Herdman said with a grin. "I

Group A

Canada — ranked eighth in the world — were drawn into Group A with China (14), the Netherlands (15) and New Zealand (19).

might play a 3-5-2 format or something a bit different."

With Saturday's draw in Ottawa marking six months to opening kickoff, the games are ramping up on and off the pitch for the 24 World Cup teams.

Herdman says Canada has been moving from "that improve and learn and develop phase into a (aim to) perfect phase."

"Which means the results start to matter," he said.

That includes increasing competition within the squad. Only 23 of the current wider pool of 30 players will make the World Cup squad.

The 24-team World Cup, runs June 6 to July 5 in Montreal, Montreal, Ottawa, Winnipeg, Edmonton and Vancouver.

THE CANADIAN PRESS



Canadian women's soccer team captain Christine Sinclair laughs with coach John Herdman, right, and organizing committee member Victor Montagliani during a news conference on Friday in Ottawa. **ADRIAN WYLD/THE CANADIAN PRESS**

4 SPORTS

Steelers shove past Bengals in style: 42-21

Pittsburgh in, too.

Third straight home loss for Cincinnati sets AFC North race on fire

The only fans left at Paul Brown Stadium in the final minutes were the ones twirling those yellow towels and celebrating another significant Steelers victory in December.

This one was bigger than most.

Ben Roethlisberger and Le'Veon Bell came up big in a game that Pittsburgh had to win Sunday, leading the Steelers to a 42-21 drubbing of the Cincinnati Bengals that left the AFC North race wide open.

Roethlisberger threw three touchdown passes, including a 94-yarder to rookie Martavis Bryant, and



Pittsburgh Steelers wide receiver Martavis Bryant runs past Cincinnati Bengals cornerback Adam Jones on Sunday, in Cincinnati. FRANK VICTORES/THE ASSOCIATED PRESS

Bell scored three times as the Steelers (8-5) ran away by scoring 25 points in the fourth quarter.

Now, it's a four-way race to the top.

"We have a great opportunity in front of us, so I'm going to embrace it," said

Bell, who ran for two touchdowns and caught a touchdown pass. "This is the part of the year where things get a little tight, they get more exciting. Everybody in the locker room is excited about this last couple of weeks."

The Bengals (8-4-1) had

been in control in the standings, up by a game and a half over everyone else. Another meltdown at home against a division rival has left it anyone's title.

The defending division champions are in trouble.

In their last two home games, the Bengals have lost to both Cleveland and Pittsburgh by 21 points. It was Pittsburgh's most lopsided win at Paul Brown Stadium since a 38-10 victory in 2008. The Bengals play at Cleveland next Sunday, host Denver in a Monday night game, and then finish at Pittsburgh.

"I'm kind of at a loss for words," Bengals linebacker Vincent Rey said.

Given how they dominated on Sunday, the Steelers figure it very well could be them. They're tied with Baltimore for second place, with Cleveland (7-6) right behind.

THE ASSOCIATED PRESS



Donovan takes it home

Landon Donovan of the L.A. Galaxy walks off the field for the last time in his career, holding the Phillip F. Anschutz Trophy after defeating the New England Revolution 2-1 at the 2014 MLS Cup match on Sunday in Los Angeles. This is Donovan's sixth MLS title. VICTOR DECOLONGON/GETTY IMAGES

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

This week should be easier than last week. Today, however, you may have to deal with a problem you would like to pretend does not exist.

♉ Taurus

April 21 - May 21

An embarrassing event will make you shy to show your face in certain circles but so what if you made a fool of yourself? No one is perfect. Laugh it off.

♊ Gemini

May 22 - June 21

Get out into the world and have a good time. The more people you meet on your travels the better, as they will open your eyes to new possibilities.

♋ Cancer

June 22 - July 23

Something shiny will catch your eye and you won't be happy until you possess it. Whether or not you can afford it won't worry you. Will you regret it tomorrow? Who cares!

♌ Leo

July 24 - Aug. 23

There are so cosmic influences working in your favour and you can't help but feel delighted with life. However, as luck planet Jupiter turns retrograde in your sign today don't take too much for granted.

♍ Virgo

Aug. 24 - Sept. 23

If you find it hard to get your act in gear as the new week begins maybe you are doing something wrong. Or maybe you need an extra day of rest.

♎ Libra

Sept. 24 - Oct. 23

Make an effort to get to know someone you thought of as boring and you may be surprised to find they are more interesting than you imagined.

♏ Scorpio

Oct. 24 - Nov. 22

Whatever challenges you are faced with over the next few days you will attack them. But don't get carried away and take on something (or someone) that is out of your league.

♐ Sagittarius

Nov. 23 - Dec. 21

You know that what you believe in is right and you know that what someone else believes in is wrong. How do you convince them to change their outlook? You don't. Let them learn from their own mistakes.

♑ Capricorn

Dec. 22 - Jan. 20

Don't be too critical of someone today because later in the week you will need their assistance and they are unlikely to give it if you've been too hard on them.

♒ Aquarius

Jan. 21 - Feb. 19

As Jupiter begins one of its retrograde phases today you are advised not to take anything for granted.

♓ Pisces

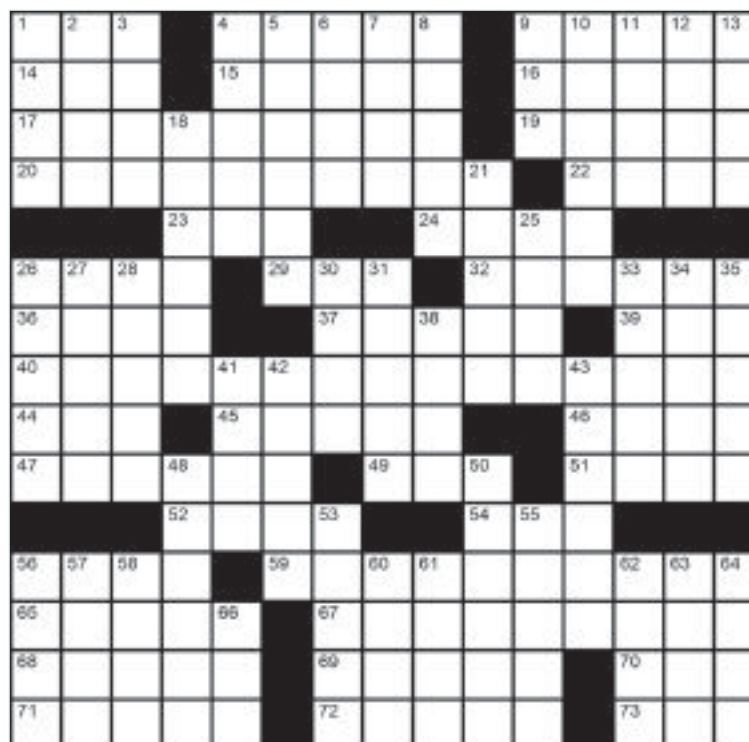
Feb. 20 - March 20

You may be one of the more sensitive members of the zodiac but you can be tough when the occasion calls for it. At work others will get the message that you're not such a wimp after all.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Corn on the ___
4. Guinness and Baldwin
9. Thing to kick as a New Year's resolution
14. Shakespeare: "___ some other name!" - Juliet
15. "Hello, ___!" (1969)
16. Historical time
17. One who points out every perceived flaw
19. Indulgence at the mall
20. John Lennon song: 2 wds.
22. Star tennis player Mr. Murray
23. Battleship letters in The States
24. Yank
26. Printer's pile
29. Five - Three = What?
32. Opera legend Maria (b.1923 - d.1977)
36. Languish
37. Mountain spinach
39. "___ the King's Men" (2006)
40. ___ Provincial Park, in northwestern Ontario
44. Building extension
45. Speak
46. Ding-___! (Sound from the door)
47. Delete private information
49. Home addr.
51. Angry snits



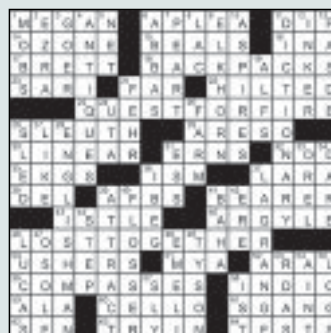
52. "This Hour Has 22 Minutes" bit
54. ___ rata
56. Ms. Carrere's
59. Promontory on which Quebec City sits: 2 mots
65. Foretells
67. Attorney, in England

68. Bundle-of-joy carrier
69. Food staple
70. Lanois' U2 co-producer
71. Ashen looking
72. Two-masted boats
73. New York baseball player

Down

1. And, e.g.
2. Off-Broadway theatrical award
3. Test version of software
4. "Good-bye!"
5. Plague pest
6. Antlered animals
7. Horsefly
8. Sundae topping
9. She's opposite
10. Disgust
11. "___ Free" (1966)
12. Frosted
13. Group of unnamed people
18. Feathered
21. State flower of New Mexico

Friday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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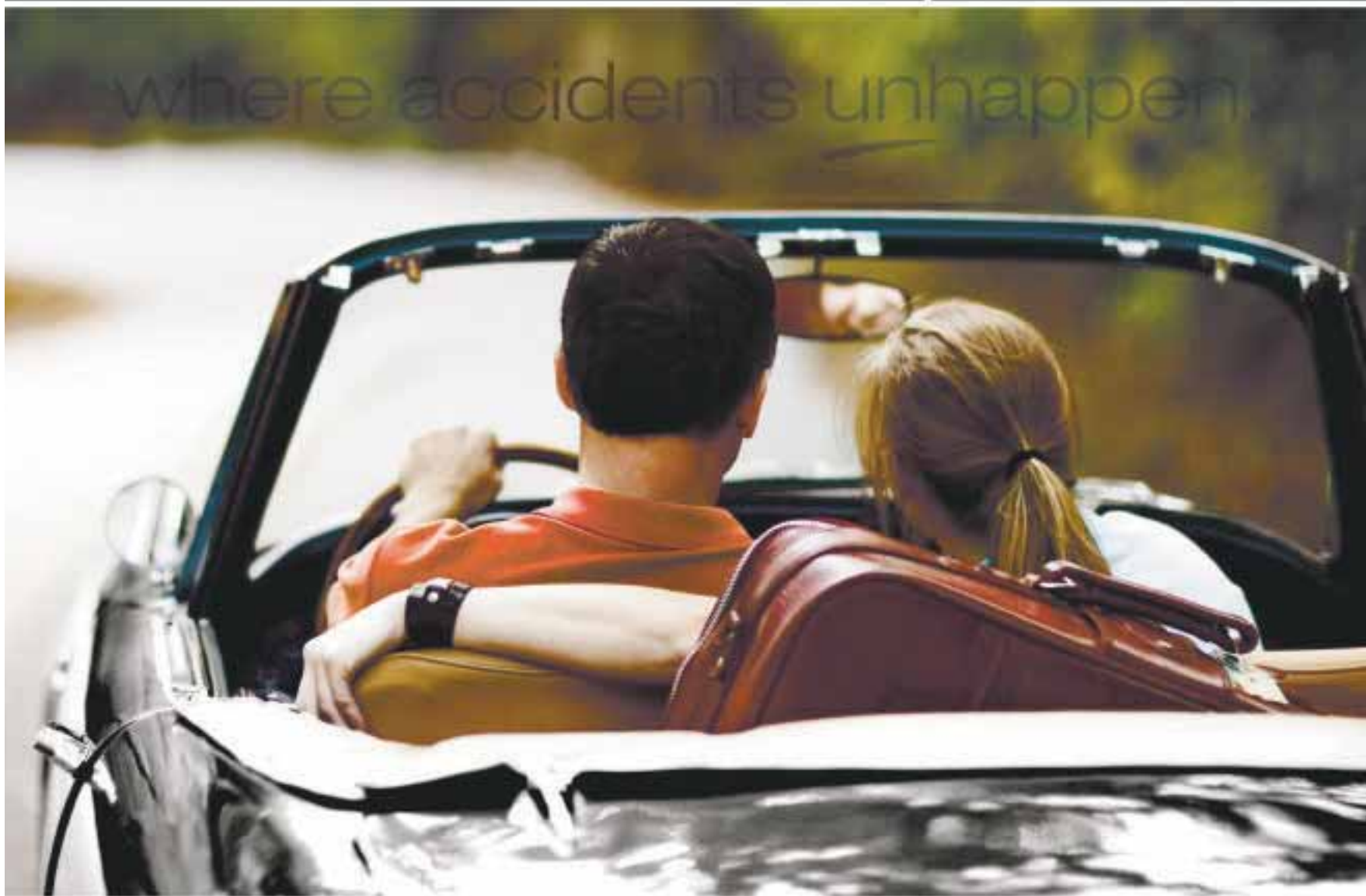
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